

FACS 6		
Number	Statement	Resources and Suggested Teaching Activities
<b>Food and Nutrition-The student will</b>		
HSE.MS.6.1	Identify the MyPlate groups, foods, importance of each, recommended amounts, and how this visual helps one to make better eating choices.	<p>See video related to MyPlate (<a href="https://www.youtube.com/watch?v=xFKM82S-Egs">https://www.youtube.com/watch?v=xFKM82S-Egs</a>)</p> <p>Evaluate individual food choices based on the MyPlate recommendations.</p> <p>Identify ways to improve personal plate choices.</p> <p>Identify main nutrients and functions for each food group.</p> <p>Discuss the importance of breakfast (<a href="https://www.youtube.com/watch?v=ZOsyVEvQq8E">https://www.youtube.com/watch?v=ZOsyVEvQq8E</a>)</p> <p>Create own MyPlate based on info from worksheet or video and their own eating preferences</p>
HSE.MS.6.2	Identify the Dietary Guidelines used to make nutrition	<a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a>
HSE.MS.6.3	Identify cooking tool, utensil, and small appliance use and safely demonstrate their functions.	<p>Kitchen Item Matching Activity (<a href="https://www.teacherspayteachers.com/Product/Kitchen-Item-Matching-1736136">https://www.teacherspayteachers.com/Product/Kitchen-Item-Matching-1736136</a>)</p> <p>Learning Seed: Kitchen Tools &amp; Utensils</p> <p>Learning Seed: Microwave Nysteries: Beep, Zap, Defrost</p>
HSE.MS.6.4	Define and practice basic food preparation skills.	Read and follow recipe steps.

HSE.MS.6.5	Identify and practice food safety steps while preparing foods in the kitchen.	Identify the 4 Cs of food safety (Clean, Cook, Chill, separate-don't Cross Contaminate) ( <a href="http://www.fightbac.org">http://www.fightbac.org</a> ) Kitchen Safety Learning Zone Video – (Burns, cuts, falls, and electric shock prevention) Identify the dangers of food poisoning and provide examples of pathogens. (Learning Zone videos- Just the Facts- Food Safety; Spoiled Rotten-Food Safety Investigation; <a href="http://www.fooddetectives.com">www.fooddetectives.com</a> ) Glow Germ ( <a href="http://www.glogerm.com/">http://www.glogerm.com/</a> )
HSE.MS.6.6	Identify and practice kitchen safety steps while preparing foods in the kitchen.	Food Safety Learning Zone Video– Clean, Heat, Cool and Separate
HSE.MS.6.7	Identify the information found on food labels and discuss the importance of each.	<a href="https://www.pinterest.com/pin/9429480447228879/">https://www.pinterest.com/pin/9429480447228879/</a> Label Ease Have students complete questions based on 3 different labels <a href="http://www.fda.gov/Food/default.htm">http://www.fda.gov/Food/default.htm</a>
HSE.MS.6.8	Identify recipe parts & discuss the importance of each including measuring, abbreviations, conversions, and cooking methods.	Learning Seed: Kitchen Math & Measuring Learning Seed: Cooking Techniques: How it All Boils Down Practice increasing and decreasing the recipe quantity Demonstrate how to measure ingredients Locate recipes that utilize a particular cooking method-student highlights recipe to determine if cooking method is utilized

HSE.MS.6.9	Examine farm to family food production.	Resource- Learning Zone Express Farm to School curriculum Learning Zone Express Fresh Food curriculum Nebraska Food Project lesson plans Center for Rural Affairs
HSE.MS.6.10	Demonstrate/practice character pillars while working as a team. Discuss how behavior relates to job skills and success.	Utilize <a href="http://www.values.com/">http://www.values.com/</a> for character pillars that relate to job skills
HSE.MS.6.11	Incorporate technology tools & skills as they complete research and projects throughout the unit.	
HSE.MS.6.12	Demonstration of appropriate table manners.	Learning Zone Express DVD: The Table Manner Murders Draw out table settings Demonstrate through practice
HSE.MS.6.13	Introduce the role that food science plays in food safety, preparation, and production.	
<b>Child Development and Care-The student will</b>		
HSE.MS.6.14	Examine the responsibilities that may face a babysitter.	Learning Zone Video: The Reliable Babysitter Investigate what the main players of the “Babysitting Game” are looking for – parents, children, and babysitters. Begin to create babysitting ideas – safety, fun activities, and snack ideas. Students take & send a picture of room or home environment and identify potential dangers

HSE.MS.6.15	Identify various types of emergencies that may face a babysitter, what steps should be taken, and what to do to prevent the emergency from taking place.	Speaker: Local nurse to demonstrate "Hands Only CPR", choking, etc. Incorporate an extension assistant to introduce the classroom to the 4-H Babysitting curriculum or a Red Cross representative.
HSE.MS.6.16	Incorporate technology tools & skills as they complete research and projects throughout the unit.	
HSE.MS.6.17	Identify "why" child development and child care are the foundation of a successful society.	concepts/ Research a career in child care and discuss findings.
HSE.MS.6.18	Describe how infants/children grow and develop physically, intellectually, emotionally, and socially.	Create stages of development digital posters including video/pictures of PIES for infant, toddler, preschoolers, etc. Create toy/activity ideas appropriate for each stage of development and identify the PIES developmental focus of each toy/activity. Utilize FCCLA Teach and Train guidelines and rubric for affiliated schools.
HSE.MS.6.19	Identify the stages of human development and describe in influence of heredity and environment on human development.	

FACS 7		
Number	Statement	Resources and Suggested Teaching Activities
<b>Relationships, Peer and Family-The student will</b>		
HSE.MS.7.1	Identify characteristics of healthy and unhealthy relationships and behaviors knowing limits, boundaries, and refusal skills.	WAIT Training curriculum-Center for Relationship Education Love is Not Abuse Break the Cycle The Dibble Institute resources- Things to Know Before You Say Go Video-Reviving Ophelia
HSE.MS.7.2	Expose media and cultural influences to recognize unhealthy messages related to peer pressure, relationships, and/or elicit behaviors.	loveisrespect.org Dropbox from Carol Erwin on unhealthy relationships (caerwin1@wsc.edu) Love is Not Abuse from Liz Claiborne Project Alert Digital citizenship (cyberbullying)
HSE.MS.7.3	Address benefits of abstinence and increase awareness of risks associated with sexual activity.	Center of Disease Control. www.cdc.gov / DVD: Thinking about abstinence teenshealth.org articles
HSE.MS.7.4	Develop support systems to maintain the healthiest personal choice in relationships.	WAIT Training curriculum The Art of Loving Well Things to Know Before You Say Go-Dibble Institute resource The National Campaign to Prevent Teen and Unplanned Pregnancy
HSE.MS.7.5	Identify physical and social consequences of using tobacco, marijuana, inhalants, alcohol, and other drugs.	Project Alert Body diagrams Practice reactions in a social setting

HSE.MS.7.6	Identify and explain family functions. (Ex: physical needs, intellectual development, emotional well-being, socialization)	Create a presentation (multimedia) representing family types, strengths, and life cycle stages. Role play or find video of family functions, healthy characteristics etc. Share examples of family traditions
HSE.MS.7.7	Describe the characteristics of the family life cycle stages.	Create a Prezi that outlines the tasks, rewards, and challenges of each stage Show a movie <u>CLIP</u> that demonstrates that life cycle
HSE.MS.7.8	Identify healthy characteristics of families and explain how to use these characteristics to improve and strengthen family relationships.	6 Secrets of Strong Families - John DeFraen
HSE.MS.7.9	Examine resources and methods of handling family crisis.	<a href="https://willyac.wordpress.com/everyday-articles/six-secrets-of-strong-families/">https://willyac.wordpress.com/everyday-articles/six-secrets-of-strong-families/</a>  View movie or show clips of families handling everyday issues to crisis situations. Create an informational brochure of all of the community resources available to help families in your community.
HSE.MS.7.10	Incorporate technology tools & skills as they complete research and projects throughout the unit.	
<b>Textiles, Sewing and Design-The student will</b>		
HSE.MS.7.11	Identify and practice safety while using sewing equipment.	National Sewing Circle Video <a href="https://www.youtube.com/watch?v=Ht5ksn5qHfk">https://www.youtube.com/watch?v=Ht5ksn5qHfk</a>
HSE.MS.7.12	Identify parts of the sewing machine, correct threading of the sewing machine and correct use of the sewing machine.	DVD: Haan Crafts- Sewing 101 Chapter 1 Sewing Basics, Teacher demonstration, sewing machine manual and videos on company's YouTube channels <a href="http://www.sew4home.com/">http://www.sew4home.com/</a> Sewing Machine Parts PDFs (search on Google)

HSE.MS.7.13	Demonstrate basic sewing skills before and during the construction of a project.	Sew examples of straight lines, back-stitching, seam allowances, zig-zag, etc. Sewing on paper w/ various lines, curves, pivots
HSE.MS.7.14	Read & follow oral and written directions while completing a sample/project.	Measure accurately while completing a sample/project.
HSE.MS.7.15	Identify and practice clothing care - laundry, iron, repair.	Practice hand stitches for project and/or repair jobs including sewing on a flat/ shank button by hand.
HSE.MS.7.16	Understand the terminology associated with design, textiles, merchandizing, and the clothing industry.	Identify the elements/principles of design, color schemes, visual effects of color/shape/texture Design outfits for function - athletic, casual, business work, formal, etc using programs such as polyvore.com or Thinglink. Write/illustrate a fashion design blog - what to wear or not to wear? Identify merchandizing strategies including appearance, sales strategies, location, advertising, etc. Create a t-shirt design for FCCLA or for your school utilizing design strategies.
HSE.MS.7.17	Incorporate technology tools & skills as they complete research and projects throughout the unit.	Embroider project using electronic embroidery machine, use computer to create a design and then create an iron for their projects.

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<b>Number</b>	<b>Standard</b>	<b>Resources and Suggested Teaching Activities</b>
<b>Personal Finance-The student will</b>		
HSE.MS.8.1	Understand terminology associated with personal finance and its role in overall financial health.	Define and list different types of resources Define income, expenses, budget, and calculate a budget for a variety of family scenarios. Incorporate EverFi curriculum as an alternative financial awareness teaching tool.
HSE.MS.8.2	Understand the flow of money and how the banking system operates. (Ex: move savings, checking account, investments, interest, etc)	Define saving account, checking account, debit card, credit card, loan and give examples of use. <a href="http://www.bankingonourfuture.org">http://www.bankingonourfuture.org</a> Complete a loan application for a car Open a checking account, complete a deposit, write checks, use a paper and electronic check register, compare and/or reconcile an electronic bank statement with a check register. Explain the importance of keeping an up to date check register (overdraft fees, identity theft, budget). Define investment, stock, and mutual fund. Identify interest and demonstrate how money grows using compound interest. Compute the growth of a savings account using compound interest. Utilize local bankers <a href="http://nebankers.org">nebankers.org</a>

HSE.MS.8.3	Explain the connections between education, career, and lifetime earnings.	Explain how education and skill development affects your career choices. Explain why some occupations have different rates of pay (skill, risk, need, experience, talent, etc) Calculate an average cost of living for a year and compare career choice salaries with your cost of living.
HSE.MS.8.4	Understand the concept of credit.	Define loan. Compute the cost of purchasing items with different interest rates to determine which item is the most economical.
HSE.MS.8.5	Calculate a variety of financial transactions.	Sales tax for purchases-students can "purchase" items, calculate sales tax, write a check or use a debit card, and record on check register. Discounts on sale items-students can use daily ads for various items and calculate final cost of items after discount has been calculated. local bank resources (often online curriculums) Delux Check Resources (delux.com)
HSE.MS.8.6	Understand the importance of protecting oneself from identity theft.	FEFE Curriculum <a href="http://takecharge.today.arizona.edu/">http://takecharge.today.arizona.edu/</a>
HSE.MS.8.7	Define, compare & contrast, and reflect on needs and wants and how to reach financial security.	<a href="http://daveramsey.com/school/middleschool/experience">http://daveramsey.com/school/middleschool/experience</a>
HSE.MS.8.8	Define short term and long term financial goals.	Take Charge Today Exploring Values, Needs, & Wants
HSE.MS.8.9	Analyze factors affecting consumer decisions for individuals and families.	Highlight role of media and peers on decision making
HSE.MS.8.10	Incorporate technology tools & skills as they complete research and projects throughout the unit.	
<b>College and Career Ready Skills-The student will</b>		

HSE.MS.8.11	Identify employability skills helpful in obtaining and maintaining a job.	<a href="https://www.barclayslifeskills.com/teachers/">https://www.barclayslifeskills.com/teachers/</a>  Utilize Nebraska Standards for Career Ready Practice and Toolkit from NCE ( <a href="http://www.education.ne.gov/NCE/Toolkit.html">http://www.education.ne.gov/NCE/Toolkit.html</a> ) Engage class in a variety of teamwork activities and tests. Partnership for 21st Century Learning ( <a href="http://www.p21.org/">http://www.p21.org/</a> ) Using a student friendly rubric of self-evaluation ( <a href="https://docs.google.com/document/d/17mi3wdN8jehi kHw-9DGnoO3v8PKSUapw307nKIRZJF8/edit">https://docs.google.com/document/d/17mi3wdN8jehi kHw-9DGnoO3v8PKSUapw307nKIRZJF8/edit</a> ) Student focuses on taking responsibility for one's own learning and performance ( <a href="http://www.p21.org/index.php?option=com_content&amp;task=view&amp;id=266&amp;Itemid=120">http://www.p21.org/index.php?option=com_content&amp;task=view&amp;id=266&amp;Itemid=120</a> )  <del>Invite guest speakers from each career area</del>
HSE.MS.8.12	Use the Nebraska Career Education Model, Nebraska Career Connections and related resources to investigate and learn about the world of work.	Occupational Outlook Handbook (Bureau of Labor Statistics) Understand the Nebraska Career Education Model and how it contributes to career planning. NCE Website <a href="http://sdmylife.com/">http://sdmylife.com/</a>
HSE.MS.8.13	Understand the purpose of a Personal Learning Plan.	Create and/or update Personal Learning Plan Understand the Nebraska Career Education Model and how it contributes to career planning. Google Search: Minnesota Department of Education Personal Learning Plans Toolkit <a href="http://www.k12.wa.us/studentlearningplan/">http://www.k12.wa.us/studentlearningplan/</a>

HSE.MS.8.14	Analyze factors that impact self-formation.	Write personal ethic statement. Identify goals, priorities, and values. Understand the differences and similarities of aptitudes, abilities, interests, and motivations. Create examples of goals, long and short term, that utilize effective qualities of goals (example: SMART).
HSE.MS.8.15	Define entrepreneurship, and compare and contrast the differences between being the employer and the employee.	Incorporate throughout utilizing subject matter taught in the course
HSE.MS.8.16	Incorporate technology tools & skills as they complete research and projects throughout the unit.	
<b>Housing and Interior Design-The student will</b>		
HSE.MS.8.17	Identify the purpose and function of a home.	Assess the different kinds of housing structures. Review home types available in your community. Identify needs and wants in a home for a variety of individuals
HSE.MS.8.18	Understand color theory.	Incorporate projects related to color and how to use color.
HSE.MS.8.19	Design a basic design for a room reflecting personal style and needs.	Drawing or online resources to facilitate creation.
HSE.MS.8.20	Incorporate technology tools & skills as they complete research and projects throughout the unit	